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OTTAWA

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Wednesday, January 18, 2012
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News worth
sharing.

Bail hearing set for accused spy

► Defence Minister will not deny or confirm alleged Russian involvement ► Offences alleged in Halifax, Ottawa and Kingston



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METRO CANADA IN HALIFAX

Canada's defence minister was tight-lipped on Tuesday concerning allegations a Halifax-based naval intelligence officer leaked information to a "foreign entity."

But Peter MacKay said the apparent security breach has not raised concerns among Canada's NATO allies.

"Let me assure that our allies have full confidence in Canada, full confidence in our information," MacKay told reporters Tuesday.

MacKay said he could not comment on the case of Sub-Lt. Jeffrey Paul Delisle, a 40-year-old Bedford, N.S., man charged under the Security of Information Act on Monday, as the matter is before the courts.

Delisle, who worked at CFB Stadacona as an intelligence officer, is facing two charges relating to communicating sensitive information to an undisclosed foreign entity, and one count of

First charged

► Jeffrey Paul Delisle is the first person to be charged under Canada's Security of Information Act, passed after the terrorist attacks of Sept. 11, 2001.

breach of trust in his duties at the base.

The alleged offences occurred between July 2007 and January 2012, according to the RCMP.

MacKay said he would neither deny nor confirm Russian involvement — a claim reported by CTV, citing unnamed sources.

"I'm not denying or confirming anything. I'm saying that there's a process that has to be followed, and public commentary from the minister of national defence is not going to assist that," he said.

Sergei Ivanov, a spokesman for the Russian Foreign Intelligence Service, refused to comment on the allegations when contacted by state-owned news agency Ria Novosti.

Delisle did not appear in a Halifax courtroom on Tuesday for a



► Jeffrey Paul Delisle is escorted from a Halifax provincial courthouse to a sheriff's van on Tuesday morning. Delisle is charged with passing government secrets to a foreign entity.

scheduled bail hearing. His lawyer, Cameron MacKeen, rescheduled it for Jan. 25. Delisle will remain in jail at the Central

Nova Correctional Facility in Burnside.

"People have to realize that there's a presumption of inno-

cence in this country, and that's something we'll be looking at going forward," MacKeen told reporters outside court.



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Senior accused of killing his wife dies in hospital

An Ottawa senior charged in the stabbing death of his wife has died, his family says.

Ian Flann, 82, had faced a first-degree murder charge in the death of Doreen Flann, also 82. Her body was found with stab wounds on Dec. 26 at the Longfields Manor in Barrhaven.

Ian Flann also sustained injuries in the incident.

His son, Christopher Flann, released a statement calling Ian "a loving husband, father, grandfather and brother." He asked for privacy to grieve the loss of his parents.

"The passing of my mother and father under these circumstances is heartbreaking," Christopher Flann wrote in a statement. "Despite recent events, I will always think of my parents with honour, respect and profound love."

On Thursday, Ian Flann was too ill to appear in court and was under police watch in hospital. He had terminal cancer that had spread to his brain and throughout his body.

His lawyer, Solomon Friedman, said a bail hearing had been scheduled for Wednesday, but added he expects the Crown will withdraw the charges and formally close the case at the hearing.

JOE LOFARO



► Defence lawyer Paul Lewandowski and his client Charlie Manasseri review documents outside the courthouse during a break in the latter's trial on a charge of second-degree murder in the death of Brian Fudge, inset.

Trial begins in fatal pool hall beating

► Just after midnight, victim poured champagne for friends and told them he loved them, witness says ► Crown to call more than 30 witnesses



JESSICA SMITH
@METRONEWS.CA

Brian Fudge was happy, energetic and full of love for his friends as he celebrated both New Year's Eve and his 23rd birthday seven years ago, an Ottawa jury was told Tuesday. Later that same night, Fudge was the victim of a beating. He died in hospital two days later.

Charlie Manasseri is charged with murder and George Kenny is charged with manslaughter.

Manasseri is accused of

causing the brain injury that caused Fudge's death and Kenny is accused of aggravating the injury, Crown attorney Jason Neubauer said. Both are accused of attacking Fudge at Le Skratz pool hall.

It started when Fudge and Manasseri met at the main bar in the pool parlour, Neubauer said.

"It isn't clear what was said, but it was brief," he told jurors in his opening statement.

Manasseri then started to repeatedly smash Fudge's head into the metal bar in front of them, the

prosecutor said.

Manasseri continued to drink and Fudge was ejected from the bar by a bouncer. Fudge sat on the stairs outside as a friend went to fetch his coat. The friend is expected to testify that Kenny approached him and punched him in the face. The attack started again outside the bar, the Crown said.

"Brian arrived at the bar a healthy young man and left with a fatal brain injury," Neubauer said.

When Neubauer recounted how Fudge died in hospital, family members

sobbed in court.

Fudge's friend Amanda Moss testified that he spent the night as a social butterfly.

Asked if he was visibly drunk, she said, "He was happy, energetic, had a glow."

Defence lawyer Paul Lewandowski asked her many times about how impaired Fudge appeared to be and said a medical examiner is expected to testify that Fudge's blood alcohol level was .218 at the hospital, almost three times the legal limit for driving.

1

news



Governments and time wonks are headed for a showdown over the fate of the 40-year-old 'leap second.' Scan code for story.

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On the web at metronews.ca

Rick Perry infuriates Turkey's government with his latest debate controversy. Watch at metronews.ca/video



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Fraud bust

► Police charge local man with defrauding employer for about \$1.5M ► Scam allegedly used firm's own ordering system

Ottawa police said an Ottawa man defrauded his former employer of approximately \$1.5 million by ordering computer equipment through the company's internal ordering system.

Some of the fraudulently acquired equipment was then sold to third parties, police said.

Following an internal investigation by a local engineering company and Ottawa police, Marc Morissette, 43, faces a number of property-related charges.

Police charged him Tuesday with fraud over \$5,000, possession of proceeds obtained by crime over \$5,000, possession of property obtained by crime over \$5,000 and money laundering.

"The Ottawa Police Service encourages local businesses to implement, monitor and continually review financial controls in order to better protect themselves from criminal behaviour," said Ottawa police in a department news release.

● METRO

Taxi bandit to appear in court

Ottawa police have charged an Ottawa man with a Jan. 7 robbery of a taxi driver.

A taxi driver picked up a passenger on Michele Drive around 11:40 p.m., and took him to the area of Carling Avenue and Island Park Drive, police said. The passenger as-

saulted the driver and stole some cash before fleeing on foot.

Afdal Said, 19, has been charged with one count of robbery, assault causing bodily harm and breach of undertaking.

He is to appear in court on February 16.

● JOE LOFARO

Winterlude. Transportation



► Mayor Jim Watson, left, Ottawa Centre MPP Yasir Naqvi, OLG president and CEO Rod Phillips and NCC CEO Marie Lemay showcase an OC Transpo "Sno-Bus" alongside two Winterlude Ice Hogs on Tuesday.

JOE LOFARO/METRO

There's no bus like the Sno-Bus for Winterlude

Getting around Ottawa-Gatineau for Winterlude is expected to get a little easier with free shuttle-bus service that will run during the festival's three weekends. The National Capital Commission announced Tuesday that it will offer Sno-Bus service free of charge on the Feb. 4-5, 11-12, and 18-19 weekends, courtesy of title sponsor Ontario Lottery and Gaming Corporation (OLG). The buses will shuttle passengers between the three official sites: Rideau Canal Skateway, Rogers Crystal Garden at Confederation Park, and the Snowflake Kingdom in Gatineau's Jacques-Cartier Park.

Vandal caught on video



► Gatineau police released this surveillance photo of a suspect at the Outaouais Islamic Centre on Jan. 5.

Photo Jan 05 00:00:00 2012

Gatineau police have released surveillance footage of a suspect vandalizing the Outaouais Islamic Centre in Gatineau on Jan. 5.

Two surveillance camera

photos and a video appear to show a suspect spray-painting the walls of the mosque located at 4 Lois St.

In the 93-second video, the suspect cautiously

sprays the walls while keeping an eye on the street.

Police said anyone with information on this person is asked to call (819) 243-2345 (extension 6146) to speak with Lt.-Det. Sylvain Renaud.

The mosque has been vandalized twice this month. The first incident occurred Jan. 2, when windows were smashed and cars in the parking lot were damaged.

On Jan. 5, the mosque was hit again with more smashed windows and hateful graffiti targeting Muslims and Arabs.

No arrests have been made in either incident.

● JOE LOFARO

Thieves hit cars in Gatineau Park area

More than 30 thefts have been reported since October in parking lots in the Old Chelsea area and Camp Fortune, MRC des Collines police say.

Thieves seem to be mainly going after credit cards, but GPS devices and cellphones are also popular items. Most times the credit cards are used within an hour of being stolen, police say.

Police are warning the public not to leave valuables inside vehicles.

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'Go on board!' captain of doomed ship told

► **Death toll from the Costa Concordia shipwreck rose sharply on Tuesday, to 11**

"You go on board! Is that clear? Do you hear me?" the coast guard officer shouted as the captain of the grounded Costa Concordia sat safe in a life raft and frantic passengers struggled to escape after the ship rammed into a reef off the Tuscan coast.

"It is an order. Don't make any more excuses. You have declared 'Abandon ship.' Now I am in charge."

The dramatic recording made public Tuesday shows Capt. Francesco Schettino resisted orders to return to his ship to direct the evacuation, saying it was too dark and the ship was tipping perilously.

The Costa Concordia had more than 4,200 passengers and crew on board when it slammed into the reef Friday off the tiny island of Giglio after Schettino made an unauthorized manoeuvre from the ship's programmed course — apparently to

Tape recording

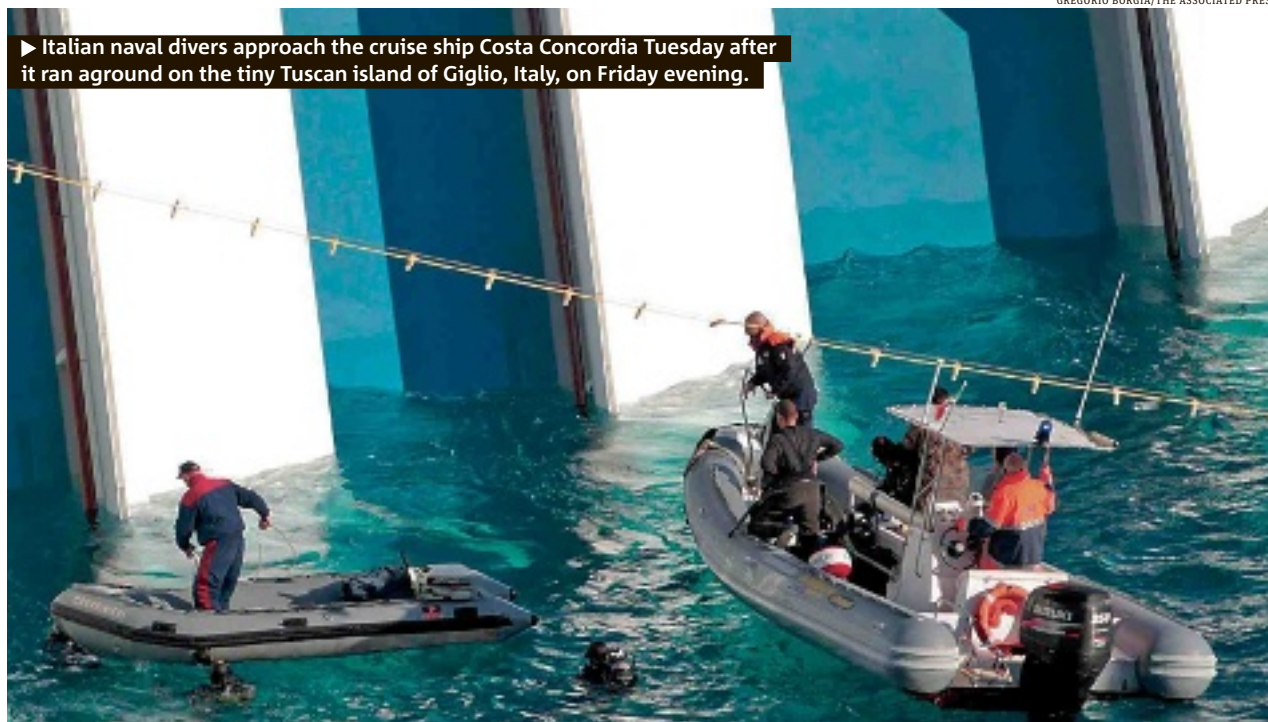


THE ASSOCIATED PRESS

► **Conversation.** At one point, in a recording of a conversation between Italian Coast Guard Capt. Gregorio De Falco and Francesco Schettino, pictured, De Falco vowed: "I'm going to make sure you get in trouble.... I am going to make you pay for this. Go on board, (expletive)!"

► **Arrest.** Schettino was finally heard agreeing to reboard on the tape. But the coast guard has said he never went back, and had police arrest him on land.

show off the luxury liner to the island's residents. Schettino has insisted that he stayed aboard un-



► Italian naval divers approach the cruise ship Costa Concordia Tuesday after it ran aground on the tiny Tuscan island of Giglio, Italy, on Friday evening.

til the ship was evacuated. However, the recording of his conversation with Italian Coast Guard Capt. Gregorio De Falco makes clear he fled before all passengers were off — and then defied De Falco's repeated orders to go back.

"Listen Schettino," De

Falco can be heard shouting in the audio tape. "There are people trapped on board. ... You go on board and then you will tell me how many people there are. Is that clear?"

The exchange also indicates that Schettino did not know anyone had died, with De Falco telling

him at one point: "There are already bodies now, Schettino."

"How many bodies?" Schettino asks in a nervous tone.

"You are the one who has to tell me how many there are!" De Falco barks in response.

THE ASSOCIATED PRESS



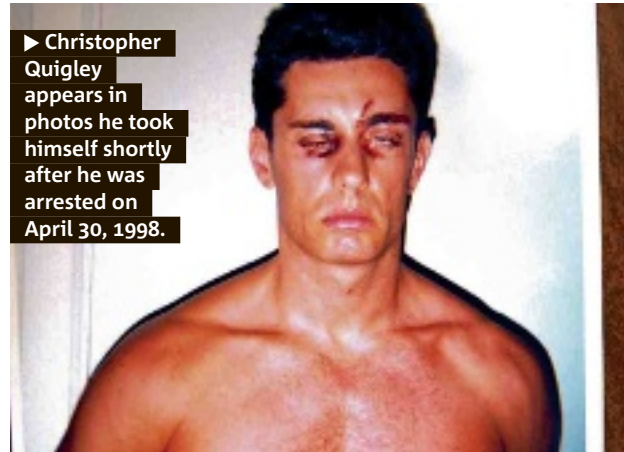
Scan the code or go to metronews.ca to hear the full recording.

Witness at police-corruption trial says he was 'pulverized'

A key Crown witness was beaten so savagely by some of the police officers accused in a massive corruption case that he feared for his life, court heard Tuesday.

"I was semi-conscious, I was covered in blood from head to toe," said Christopher Quigley, a jewelry broker and one-time drug dealer.

"I was terrified, I really thought I was going to die. I thought it was possible they were going to kill me in this



CONTRIBUTED

► **Christopher Quigley** appears in photos he took himself shortly after he was arrested on April 30, 1998.

room."

Quigley, on the stand for a second day of the long-delayed trial of five former Toronto drug squad officers, said he was punched, kicked and choked as the officers asked where he kept his drugs and money until he lost consciousness.

"I was being pulverized," he said.

Quigley alleges the attack was unprovoked and began when the unit's head, John Schertzer, hit him across the face after he

was taken in for questioning over stolen sunglasses.

He testified that he was later subjected to three sets of beatings by another one of the accused, Ned Maodus, along with another officer who is not part of the trial.

The men have all pleaded not guilty and none of the allegations have been proven in court.

The defence will get their chance to cross-examine Quigley on Wednesday.

THE CANADIAN PRESS

Dating back

► **Decade.** The case against Schertzer, Maodus, Correia, Joseph Miched and Raymond Pollard goes back more than a decade.

► **Progress.** Charges were first laid in 2004, but delays have slowed the case's progress through the courts.

Premiers look beyond Ottawa for health

The provincial premiers have gone from demanding Prime Minister Stephen Harper return to health-care talks to saying they may not need him that much when it comes to improving health care.

Premiers Brad Wall of Saskatchewan and Robert Ghiz of Prince Edward Island announced Tuesday they will lead the charge in a provincially-driven working group to improve health care.

The Health Care Innovation Working Group will focus on the provinces and territories finding and sharing new ways to meet health challenges.

THE CANADIAN PRESS

"The federal government is not needed for this work. They don't deliver health care. The expertise is in the provinces and the territories."

PREMIER BRAD WALL OF SASK.

Winter sports causing injuries

Thousands of Canadians end up in hospital each year after breaking bones on the ski slope or snowboard run, sustaining a concussion from a hit on the hockey rink or

5,600 The number of Canadians who were hospitalized with serious injuries related to winter sports.

suffering multiple injuries in snowmobile crashes, says the Canadian Institute for Health Information.

THE CANADIAN PRESS

Don't click on Wikipedia

► Popular website was set to go black today to protest U.S. curbs

Some Canadians have pledged to join Wikipedia and other big websites in going black today.

The blackout is a protest against proposed anti-piracy legislation in the U.S. that could have far-reaching effects for Internet users.

The legislation could allow website addresses to be blocked when complaints are filed about copyright infringement.

Search engines could be compelled to remove links to sites accused of copyright violations.

Web payment processors and advertisers could be forced to stop doing business with alleged offenders.

"We believe in a free and open Internet."

SUE GARDNER, EXECUTIVE DIRECTOR OF THE WIKIMEDIA FOUNDATION

Tucows, a Toronto-based company that manages over 11 million domain names and provides other Internet services, planned to temporarily take down its downloading site, which hosts more than 40,000 programs.

Social media service Identica was also among Canadian sites joining the likes of Boing Boing, Reddit and Wordpress in the protest.

THE CANADIAN PRESS

A COMPUTER IS HIS 'BIBLE.' MEET ... FILE-SHARING'S HIGH PRIEST

JOHAN KELLMAN LARSSON
@METRO.LU
METRO WORLD NEWS
IN STOCKHOLM

The pirates of file-sharing are on a mission.

Last week, the Swedish Missionary Church of Kopimism won official recognition as a religion — and the creed of copying and spreading information is expanding around the world.

Followers have sprung up in Russia, Romania, France, the United States and Denmark. A congregation in New Zealand is also seeking legal recognition.

The Kopimists worked all of last year to be recognized as a religion in Sweden. Last week, officialdom recognized their status as a church.



► Isak Gerson, founder and spiritual leader of the Church of Kopimism, spoke with Metro about his religion.

Their 'creed'

Here are the Kopimists' pillars of faith:

- Copying information is ethically correct.
- Disseminating information is ethically correct.
- Remixing is a holier form of copying than the perfect, digital copying.
- Intranets are holy.

"The response has been great, even outside Europe. I have been contacted by new Kopimists in India as well as Japan," philosophy student Isak Gerson, 19 — founder, head of mission and supreme spiritual leader of the church — told Metro.

There are now 3,000 followers in more than 10 countries, it's claimed.



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Building healthy communities

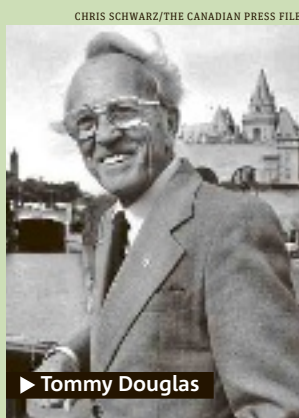
CANADIAN HISTORY

Tommy Douglas' medals up for auction

Medals from socialist icon and former Saskatchewan premier Tommy Douglas are on the auction block, but his daughter hopes the collection stays together.

"I just hope that whoever buys it won't split it up, and it would be wonderful if they would donate it or give it to a museum that already has a lot of his things," actor Shirley Douglas said Tuesday in a phone interview with The Canadian Press.

If the Canadian Museum of Civilization had the items, it could loan them to other museums across the country, she suggested. Then the public would also be able to see the medals.



► Tommy Douglas

"I'm worried about them not being acquired by one person who would like to give them to a museum," Douglas said.

The collection, including an engraved coronation medal from 1937, is being auctioned off at the end of January by Jeffrey Hoare Auctions, based in London, Ont.

The company's website says the lot also includes Second World War and Victory medals from Tommy Douglas's father, Thomas Douglas Sr.

THE CANADIAN PRESS

Honour important to Shafia, brother testifies in murder case

► Accused's half-brother final witness in lengthy trial

Honour is very important to a man accused of killing half of his family, allegedly in a so-called honour killing, but Mohammad Shafia is no murderer, his half-brother said Tuesday.

Dr. Mohammad Anwar Yaqubi, in one of several outbursts in which he vehemently asserted his sibling is innocent, suggested it's the police and prosecutors who should be in prison instead of Shafia and his co-accused wife and son.

Wiretaps that the Crown says show Shafia's lingering anger over his daughters' dating habits, in which he calls them "whores," actually exonerate Shafia because he never explicitly says he committed murder, Yaqubi said.



► This picture provided by the Frontenac County Court shows Rona Amir Mohammad, left, and Sahar Shafia, found dead in June 2011.

"If you listen to them properly and you analyze them properly you'll find out that dear (Shafia) shouldn't be here," Yaqubi said in response to a question about how many hours he spent listening to

the recordings.

Shafia, his wife Tooba Yahya, 42, and their son Hamed, 21, are on trial in Kingston, Ont., charged with four counts each of first-degree murder. They've pleaded not guilty

Crown contends

- The Crown alleges the four victims were killed to protect family honour.
- Honour was a big deal for Shafia, Yaqubi agreed under cross-examination.
- The police wiretaps that captured his enraged outbursts show that Shafia was angry, but also grieving, Yaqubi said.
- But the Crown suggested Yaqubi doesn't know his half-brother very well at present, since he has only had sporadic communication, consisting of a handful of telephone calls on major holidays, since 1994.

in the deaths of Shafia and Yahya's daughters Zainab, 19, Sahar, 17, and Geeti, 13, as well as Rona Amir Mohammad, 52, Shafia's first wife in a polygamous marriage. THE CANADIAN PRESS

Aboriginal parole hearing for Haitian-born killer 'disrespectful:' Victim's dad

A father says the man who murdered his teenage daughter should be denied an aboriginal parole hearing because it makes a "mockery" of Canada's First Nations people.

Michael Manning's 15-year-old daughter, Tara, was raped, smothered and stabbed dozens of times in the family's suburban Montreal home nearly 18 years ago.

The Parole Board of Canada has granted the

girl's killer an elder-assisted hearing, which is usually reserved for aboriginal offenders and is designed to be sensitive to their traditional cultures.

The agency does allow some non-aboriginal inmates to use the process.

But Manning argues the Haitian-born man, who was convicted in 1997 of first-degree murder, should not be allowed such a hearing because, to his knowledge, he doesn't have a First Na-

tions background.

"Aboriginals fought for a long time to try and get special rights and privileges.... It's disrespectful and it's a mockery to our First Nations, Inuit and Metis people," Manning said in an interview from his Montreal-area home on Tuesday.

Manning's daughter's killer cannot be named because a court ruled he was a minor at the time of the slaying.

THE CANADIAN PRESS

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Headphones can be deadly, study finds

► Study looked at 2004-2011 accidents of people wearing headphones ► 55% of accidents involved trains ► Majority of victims were male under age 30

A new U.S. study looking at injuries and deaths of pedestrians who were wearing headphones finds that trains were involved in more than half of the cases identified.

The study, published in the journal Injury Prevention on Tuesday, found 116 reports of death or injury of pedestrians wearing headphones, of which 81 were fatal.

During the study period, the number of cases tripled.

The researchers suggest that the use of headphones with handheld

devices may pose a safety risk to pedestrians, especially in environments with moving vehicles.

The researchers acknowledged a number of limitations to their research.

For instance, it relied on media reporting, "which likely over-publishes tragic events but vastly under-publishes non-fatal cases."

And factors other than the use of headphones, such as suicidal intentions, substance abuse or mental illness, may have played a role in some of

9/10

Almost nine out of 10 cases were in urban areas, and almost three in 10 cases mentioned that a warning was sounded before the crash.

the pedestrian injuries and fatalities.

They suggested more study is needed.

"The use of cellphones and MP3 players is increasing. The risks posed

in use of these devices by drivers are well documented, but little is known about the association between headphone use and pedestrian injury," wrote the researchers, based at the University of Maryland.

"The danger in using headphones as a pedestrian may be explained by two phenomena: auditory masking of outside stimuli (environmental isolation) and distraction (inattention blindness)."

The study involved searches in several databases. **THE CANADIAN PRESS**



► U.S. researchers suggest the use of headphones with handheld devices may pose a safety risk to pedestrians, especially around moving vehicles.

News in pictures

PHOTOS
1. CP / RUSSIAN ROSCOSMOS SPACE AGENCY
2. GETTY IMAGES
3. DITA ALANGKARA / AP PHOTO
4. ROB CARR / AP PHOTO



- 1** Russia will investigate whether a U.S. radar station could have interfered with the failed Mars moon Phobos-Ground space probe.
- 2** Actors in adult movies filmed in Los Angeles would be required to use condoms under an ordinance granted final approval on Tuesday.
- 3** Indonesia has a new tactic to stop commuters from riding the roofs of trains: Suspending concrete balls to rake over the top of trains.
- 4** Edgar Allan Poe fans plan a vigil for the "Poe Toaster," who for decades left roses and a bottle of cognac at Poe's grave. **THE ASSOCIATED PRESS**

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Showtime on Canada's campuses

► Homemade videos of students promoting schools becoming wildly popular ► Many videos get funding

Suddenly there's a little song and dance on campus, as students, teachers, university presidents and even cancer researchers groove and lip-sync on camera for all the YouTube world to see.

These wildly popular "lip dubs" are the latest social media twist on school life. With a focus on clubs, teams and faculties, they're a new Ivory Tower icon that's part yearbook, part pep rally, part feel-good commercial, and they're being used to do everything from boost morale and recruit students to raise money for research.

"My friend at Harvard saw ours and now his wife wants to choreograph one for them," said renowned McGill University biochemist Nahum Sonenberg, one of a handful of cancer scientists who raised colleagues' eyebrows last fall by wiggling

through a lip dub that has raised almost \$20,000 for the university's Rosalind and Morris Goodman Cancer Centre. Medical supplier Medicom pledged five cents per hit, with more than 375,000 viewers so far.

"The idea was so unusual — many scientists didn't like it — but social media is so powerful. Why not use it to spread the message that research needs money?" asked Sonenberg. A fundraising gala lasts one night, he noted, "but a lip dub on YouTube keeps on raising money."

But is it all getting too competitive? Students at the University of Toronto spent three days last fall filming with funding from the administration, and even released a trailer — with president David Naylor break-dancing — only to have student organizers decide their final product

Global trend

► Created at a German university four years ago, the concept of a rolling lip-synch video that ends in a group dance has been embraced by Canadian universities. The University of Quebec At Montreal's version of Black Eyed Peas' 'I Gotta Feeling' has drawn a staggering 9 million views. ► It sparked a stream of lip dubs by other Canadian universities, including the University of Victoria, whose version of Michael Buble's 'Haven't Met You Yet' involved some 1,000 students.

was not quite up to scratch. They plan to reshoot on a bigger scale with outside funding and celebrity cameos.

"We thought we can do better," said organizer Sandra Zhou, a second-



► Northern Secondary students filmed a lip dub in December for Grade 8 students visiting the Toronto high school.

year psychology major. "It wasn't quite what we expected."

But McGill cancer scientist Dr. Phil Gold thinks a lip dub can get too slick: "I think if we had rehearsed

ours, it would have lost the spontaneity and wouldn't have been nearly as good. This showed people doctors aren't as dull as they think."

All this lip-dub buzz has

even started to filter down to high schools, where principals say the videos are teaching students technical skills, co-operation and time management.

TORSTAR NEWS SERVICE

Canadian killed in Mexico; deaths a growing trend

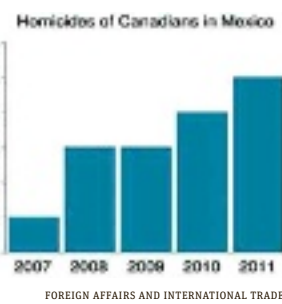
The murder of a Canadian man gunned down in one of Mexico's most dangerous cities appears to be the work of drug cartels, authorities said.

The body of Salid Abdulacis Sabas was found before dawn Monday at an intersection in Culiacan, the capital of Sinaloa

state.

He had been hit nine times with .45-calibre bullets, a technician at the medical examiner's office told the Mexican news agency EFE.

Police said he had Canadian identity papers, but did not reveal his age or hometown. A police



photograph shows a body wearing jeans and sneakers partially covered in the middle of a city intersection.

Sinaloa, the birthplace of the first generation of Mexican drug lords, is the home of the cartel led by the fugitive Joaquin (El Chapo) Guzman, listed by

Forbes magazine as one of the world's wealthiest people.

While police have no motive for the killing, the technician told EFE that authorities suspect a connection to the drug war.

In the first seven months of 2011, 61 police in Sinaloa had been

shot and killed in the drug wars. Another 1,000 people were killed in that time in a state where EFE reported violence and death has become worse despite a new governor's election in January on a law-and-order platform.

TORSTAR NEWS SERVICE

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THE WORST IS BEHIND US

JUST SAYIN' ...

PAUL SULLIVAN
METRO



We should get a medal.

On it should be: "I survived Blue Monday."

If you're reading this, it's confirmed: you survived what is held to be the most

depressing day of the year.

There's even a formula for those who don't automatically buy the idea that the third Monday in January is the most depressing day of the year. Developed by some helpful guy in Wales, it factors in weather, post-holiday bills, the grim fact that holidays are over, enthusiasm for your new year's resolution is officially on the wane, and there's that nagging feeling that if you don't do something, it's only going to get worse.

I'd add that for most of the country, the next holiday doesn't come until April 6, and there's a long stretch of another-day-older-and-deeper-in-debt until we get there.

So at least you should get a freaking medal.

I spent the most depressing day of the year in a room full of rocket scientists (don't ask) and by the end of it, I came to the conclusion that I need more RAM. But at least I got to the end of it, and by the time I turned out

the light and pulled the covers over my head, I was feeling quite smug: starting tomorrow, there's nowhere to go but up.

And the same guy who calculated the most depressing day of the year has also determined the happiest day of the year, which this year for some reason is Monday, June 18.

We're happy on June 18, allegedly, because it's warm enough to go outside and play; therefore, we're closer to nature in all its early-summertime glory. We can hang out with friends without being frostbitten and even if we're miserable creatures we can remember

summers long ago when we weren't. Finally, we're almost on holiday, which is better than being fresh out of holidays.

It's all very scientific, except that it isn't. Some killjoy pointed out that the so-called expert who devised the formula is not, as often billed, a psychologist at the University of Cardiff. Even the not-psychologist admits his calculations are meaningless. But that hasn't stopped media from picking up the story, thanks to the time-tested tradition of never letting the facts get in the way of a good story.

Surely at this time of the year, we need all the encouragement we can get. And the news that we've hit rock bottom and it can only get better is welcome news indeed.

It would be even better if it came with a medal we could wear around our necks ... at least until the Easter Bunny finally saves the day.

Read more of Paul Sullivan's columns at metronews.ca/justsaying

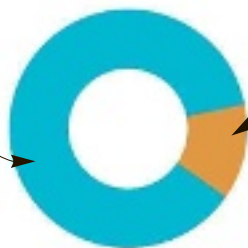


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Are you afraid of yet another falling piece of space junk?

87%

NO. I'M FAR MORE LIKELY TO DIE BY ALMOST ANY OTHER MEANS



13%
YES. I HAVEN'T YET WON THE LOTTERY, SO I MAY BE DUE

Local tweets



► @HalPerry09: Can't stand Ottawa.... just wanted to say that.

► @PubsJr: @DarrenDreger Finally a Toronto reporter that gives credit to what #Sens have done & what #Leafs haven't done, playoff team & non playoff

► @Scilley65: Love watching #Leafs and #Sens fans squak at each other. Like watching Sideshow Bob and Cecil fight over bunk

beds. #LeafsSuck#SensSuck

► @Milky939: I think a snow flake just hit my windshield. Thank goodness school buses were cancelled!! #snowmageddon

► @JimmySchlarb: "I was into large before it was medium" - the one hipster that buys tim hortons

► @TheEvanMurphy: smile! it confuses people.

► @tonyfrigo: Stats prof. drives a Camaro.. What a #badass lol

Daily Zoom



A gallop on fire to honour a saint

A man rides a horse through a bonfire in the small village of San Bartolomé de Pinares in Spain. In honour of St. Anthony (San Anton), the patron saint of animals, hundreds of horses are ridden through bonfires on the night before the official day of paying homage to animals. ● MWN

Then a feast of sausages after

These steeds leap through bonfires to drum beats and Spanish bagpipes until midnight, when the riding ends. By morning, when the fires have died down to embers, locals grill a feast of chorizo and blood sausage. Those taking part in the festival believe the flames and smoke "purify" the horses. ● MWN

"I myself remember from childhood this is how the village elders and I prayed to St. Anthony."

SAN BARTOLOMÉ MAYOR MARIA JESUS MARTIN TOLD LOCAL MEDIA. FOR CENTURIES AN EPIDEMIC WIPED OUT REGIONAL WORKHORSES. RESIDENTS THEN PRAYED TO ST. ANTHONY FOR PROTECTION BY BURNING AN EFFIGY AT THE STAKE AS A SYMBOL OF PURIFICATION.

200

200 horses, as well as dogs, cats, pigs, birds and even ferrets, took part in San Bartolomé's annual blessing of the animals.

Is the comic book movie well starting to run dry?

► Nicolas Cage rides back into theatres as Ghost Rider in mid-February ► With tier-two comic book heroes getting hit up for a sequel, it begs the question: After a decade-long spandex-and-leather blockbuster boom, are there any comic book film adaptations left in the tank?



Green Arrow

This B-league bow-master has been hitting hard targets since 1941, but outside of fan-boy circles he might as well be a contestant on American Archer. Not only does Green Arrow borrow from Robin Hood's wardrobe but he also shares the Englishman's penchant for the redistribution of wealth.

Movie Buzz: Years back, Kevin Smith's name was banded about in connection with an Arrow movie. More recently NY Times best-selling author Brad Meltzer has dropped hints that he'd be down to pen the script.

Odds of ever making the big screen: Slim as a solo deal but sky-high in a Justice League of America (JLA) live-action flick.

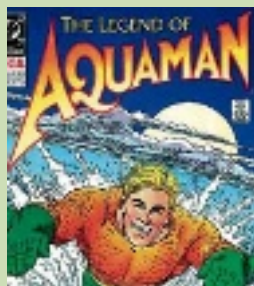


Captain Canuck

The Cap is a well-mannered Mountie who acquires super-strength after a run-in with some aliens while camping. He then dons red-and-white spandex with a maple leaf emblazoned on his forehead while tangling with baddies. In its original incarnation the series was set in a future world where Canada had become, according to the first issue, "the most important country in the world."

Movie Buzz: Mind's Eye Entertainment owns the film rights and plans on developing the project with the cooperation of series creator Richard Comely.

Odds of ever making the big screen: Pretty good, eh.



Aquaman

The often-parodied super-swimmer has been breathing underwater and having telepathic conversations with fish, mollusks and other sea life since 1941. Ventriloquist and comedian Jeff Dunham points out that Aquaman has the same powers as SpongeBob SquarePants.

Movie Buzz: If Shaq could suit up and play Steel, there's no reason why Michael Phelps couldn't dye his hair blonde and start chatting up some beluga whales.

Odds of ever making the big screen: While HBO's Entourage featured the making of an Aquaman action movie with James Cameron, the underwater hero doesn't get that caliber of Hollywood love in real life.

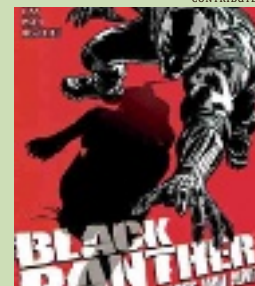


Flash

In the comic book world the mantle of the fastest man alive has been held by Jay Garrick, Barry Allen, Wally West and Bart Allen. A mainstay in the T-shirt wardrobe of Big Bang Theory's Dr. Sheldon Cooper, Flash has remained fashion forward in geek circles for more than 70 years.

Movie Buzz: Fan-boys are chirping a mile a minute and "Rock the Lightning" would be a great poster tagline.

Odds of ever making the big screen: In 1990-91 CBS ran a single season of The Flash starring John Wesley Ship. But if there's ever a JLA movie, Warner Bros. will greenlight a Flash solo joint in a red-hot minute.



Black Panther

Beyond Wesley Snipes vamping it up in Blade movies, there haven't been too many mainstream African-American superhero movies. Created by Stan Lee and Jack Kirby in 1966, Black Panther — the protector of the fictitious African nation of Wakanda — is the Jackie Robinson of superheroes laying the groundwork for all that followed including Luke Cage, Falcon, Storm and Spawn.

Movie Buzz: Some small murmurs a the moment.

Odds of ever making the big screen: They'd need to get creative with the title, otherwise many would assume the movie was about the radical organization of the same name. **MIKE DOJC**

2

scene

In brief



Should Jake Gyllenhaal be worried? Taylor Swift graces the cover of Vogue's February issue and tells the magazine her next album will be about an "absolute crash-and-burn heartbreak" she experienced. The 22-year-old singer doesn't name names, but she did date Gyllenhaal in 2010.

THE ASSOCIATED PRESS



Marvel says creativity, compelling stories will drive comics again in 2012.



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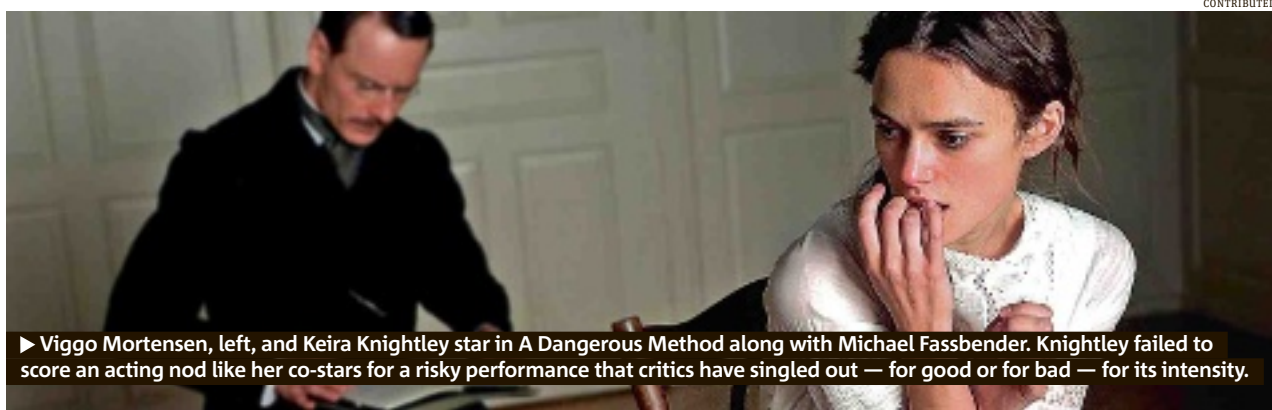
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► Viggo Mortensen, left, and Keira Knightley star in *A Dangerous Method* along with Michael Fassbender. Knightley failed to score an acting nod like her co-stars for a risky performance that critics have singled out — for good or for bad — for its intensity.

Genies and wannabes

► Genie Awards will be held March 8 in TO, will be broadcast on CBC-TV

Jean-Marc Vallée's mystical romance *Cafe de Flore* and David Cronenberg's psychoanalysis drama *A Dangerous Method* are the top contenders for Canada's biggest film prizes.

Vallée's francophone feature has 13 Genie Award nominations while Cronenberg's weighty study has 11.

The film giants will face off in the best picture and best director categories, where they also compete with Philippe Falardeau and his tender school tale *Monsieur Lazhar*, which collected nine nods.

The nominations were announced Tuesday morning by the Academy of Canadian Cinema & Television at simultaneous news conferences in Toronto and Montreal.

Rounding out the best picture race is the thriller *The Whistleblower* and the francophone comedy *Starbuck*. They earned six nominations apiece.

The acting categories are studded with international stars. Notables include Michael Fassbender, Michelle Williams, Viggo Mortensen, Vanessa Paradis and Rachel Weisz.

Fassbender is in the best actor race for his turn as Carl Jung in *A Dangerous Method*. Rivals include Garret Dillahunt, who plays a disillusioned war vet in *Oliver Sherman*; Scott Speedman, as the notorious Canadian bank robber in *Edwin Boyd: Citizen Gangster*; Montreal's Patrick Huard, who plays a frequent sperm donor in



Canuck cinema

The Genie Awards have announced nominations for the best in Canadian cinema. A look at the key categories:

- **Best picture:** *A Dangerous Method*, *Cafe de Flore*, *Monsieur Lazhar*, *Starbuck*, *The Whistleblower*.
- **Best director:** David Cronenberg, *A Dangerous Method*; Steven Silver, *The Bang Bang Club*; Jean-Marc Vallée, *Cafe de Flore*; Philippe Falardeau, *Monsieur Lazhar*; Larissa Kondracki, *The Whistleblower*.
- **Best actress:** Catherine de Léan, *Nuit #1*; Pascale Montpetit, *The Girl in the White Coat*; Vanessa Paradis, *Cafe de Flore*; Rachel Weisz, *The Whistleblower*; Michelle Williams, *Take This Waltz*.

Starbuck; and Algeria's Mohamed Fellag, who stars as a sensitive school teacher in *Monsieur Lazhar*.

Mortensen is nominated for best supporting actor for his take on Sigmund Freud in *A Dangerous Method*. He's up against Friday Night Lights star Taylor Kitsch, who plays a troubled photo journalist in *The Bang Bang Club*; Antoine Bertrand from *Starbuck*; Kevin Durand of *Edwin Boyd: Citizen Gangster* and the young Marin Gerrier, who charms as a jazz-obsessed Parisian boy in *Cafe de Flore*.

THE CANADIAN PRESS

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These films still fly

► Rumour has it *Red Tails*' air battles amongst the best created on film ► But George Lucas has 100 years of aerial photography to compete with

IN FOCUS

RICHARD CROUSE
SCENE@METRONEWS.CA



The first Best Picture Oscar winner was *Wings*, a 1927 aviation flick featuring an inane love story but some spectacular aerial footage.

Director William A. Wellman used his experience as a celebrated combat pilot during World War I to create the movie's realistic and thrilling dogfights, which packed audiences into first-run theatres for 63 weeks straight.

George Lucas, the producer of this weekend's *Red Tails*, must be hoping for similar success for his aviation movie. If *Red Tails* draws crowds, he says, he wants to expand the story of African American World War II pilots the Tuskegee Army into a trilogy.

Advance word suggests *Red Tails*' air battles are amongst the best ever created on film. Perhaps so, but Lucas has 100 years of elaborate aerial photography to compete with.

The flying sequences in *Battle of Britain*, the 1969 recreation of the British RAF's defeat of the Luftwaffe, are regarded as the gold standard of aviation footage. To shoot these



► *Red Tails* is in theatres this weekend.

spectacular scenes the filmmakers assembled such a large collection of vintage planes that the production briefly became the 35th largest air force in the world.

But not all the planes were authentic. Mock-ups of Spitfires and Hurricanes, powered by lawn mower engines, can be seen taxiing down runways.

Shooting complicated stunt scenes always involves risk, but rarely has a movie been as deadly as Howard Hughes's aerial epic *Hell's Angels*.

The eccentric Hughes shot the movie as a silent film in 1928, and then reshot the entire thing the following year when sound equipment became available. In the process, 70 WWI aces were used, and three were killed. Hughes himself was injured when

he crashed after performing a tricky aerial stunt.

The most famous aerial movie of recent years has to be *Top Gun*. Inspired by a California magazine story about the U.S. Navy's Top Gun School, the movie used several real aircraft from F-14 fighter squadron VF-51 Screaming Eagles. The planes cost the production \$7,800 per hour for fuel and other operating costs, and one shot cost three times that.

Legend has it that director Tony Scott wanted to film an aircraft landing on an aircraft carrier, backlit by the sun. The captain, however, changed course before Scott got his shot. When the director was informed it would cost \$25,000 to turn the ship around Scott pulled out a chequebook, wrote the cheque and got his shot.

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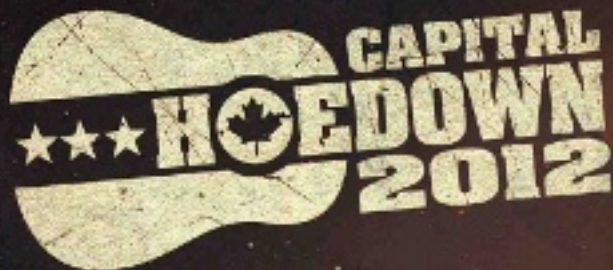
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DVD reviews

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The Ides of March

Genre: Drama

Director: George Clooney

Stars: Paul Giamatti, George Clooney, Philip Seymour Hoffman, Ryan Gosling

●●½

George Clooney's presidential campaign drama traverses familiar political corridors, tut-tutting over backroom manoeuvres and minor loyalty tests as if this were 1952 rather than 2012. That's entirely forgivable, because stellar performances make the movie: Ryan Gosling and Clooney lead a crack cast that also includes Philip Seymour Hoffman, Paul Giamatti, Evan Rachel Wood, Jeffrey Wright and Marisa Tomei, all at the top of their game. They're great to watch together, even if your eyes occasionally roll.

Clooney, in his fourth and most accomplished directorial turn, casts himself as Mike Morris, the Pennsylvania governor who seeks to lead the Democrats in a presidential contest, first by winning the crucial Ohio primary. The film's central figure isn't Morris, but his press wrangler, Stephen Myers (Gosling). The talent's all there, but Clooney and frequent collaborator Grant Heslov lose the plot in their screen adaptation, with Beau Willimon's play, Farragut North. ● **PETER HOWELL**



Poetry

Genre: Drama

Director: Chang dong-Lee

Stars: Jeong-hie Yu, Da-Wit Lee, Hira Kim

●●●½

In South Korean director Chang-Dong Lee's well-observed drama, a lovely grandmother just wants peace to write poetry, her new passion, but the world won't let her.

Mija, superbly played by Yun Jung-hee, is raising her surly, ungrateful grandson, Wook (Da-wit Lee). To supplement her pension, Mija cleans house for, and bathes, a wealthy elderly man. Despite being partially paralyzed, he shocks the prudish Mija by making advances to her.

But Mija's discomfiture is nothing compared to the jolts that are coming: the tragedy of a young girl's death spins into her world, while a doctor tells Mija that her chronic forgetfulness is early Alzheimer's. Poetry achieves lyricism in the way it depicts the un-

commonly beautiful Mija's misery, and was rightly honoured with the screenplay prize at the 2010 Cannes Film Festival. ● **PETER HOWELL**

Killer Elite

Genre: Action

Director: Gary McKendry

Stars: Jason Statham, Clive Owen, Robert DeNiro

●½

In director Gary McKendry's latest eruption, Jason Tatham, Clive Owen and Robert De Niro play professional score-settlers of various vintages and shifting motivations. But what we see on the screen doesn't live up to the hype.

The plot might be charitably described as a fatal collision between RED and Mission: Impossible, in that retired and/or jaded spies/soldiers/assassins are required to perform tasks of such ridiculous complexity that even Rube Goldberg might throw up his hands in despair.

● **PETER HOWELL**

50/50

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Paula Deen: Now is 'God's time' to make some cash

- ▶ The queen of unhealthy cooking reveals she has Type 2 diabetes
- ▶ Interesting that she just got a sweet deal to promote a diabetes drug...

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA



Thanks to a super scoop by The Daily, it's been known that celebrity chef of all things fattening — deep-fried butter balls, Velveeta fudge, and butter, mayo, and whiz spread, to name just a few of her recipes — Paula Deen had developed Type 2 diabetes and would soon go on a publicity blitz about the diagnosis.

Well, that whirlwind media tour happened yesterday when she went on The Today Show as well as grant an interview to USA Today.

Although she's apparently been diabetic for over

two years (while continuing to shill her high-fat, high-calorie cooking), she decided to go public now because, as she puts it, it wasn't "God's time" when she first learned she was sick.

"I felt like I had nothing to offer anybody other than the announcement. I wasn't armed with enough knowledge. I knew when it was time, it would be in God's time," she told USA Today.

Interestingly enough, for Deen, "God's time" means "time to finagle a lucrative contract with a makers of a diabetes drug." As, oh yes, Deen used that lull to sign on as a sponsor for the diabetes medicine Victoza. A new website featuring Deen as their spokesperson also launched Monday.

Deen doesn't want to say



▶ Paula Deen

how much money she's making off the deal.

She tells USA Today, "Talking about money is garish. It's tacky. But, of course, I've been compensated for my time. That's

the way our world works."

Is it just me, or is it also garish and tacky to continue to shill your junk food to people even though you know it can make them sick — like it did you?

ALL PHOTOS GETTY IMAGES

Celebrity tweets



Ever feel like you can fall asleep in 1.5 seconds 2 hrs after u wake up? It's 1 of those days.

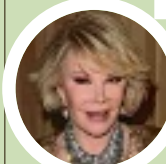


@jessicaalba



I've found a new TV obsession: Celebrity Big Brother UK. Can't stop watching YouTube videos! I so badly want to partake!

@Joan_Rivers



Madonna reveals that she "didn't stand in front of a mirror and say I'll only date young men". No, she said it on the way to Chuck E Cheese.

@chriscolfer



I was just called "Ma-ma" at a first birthday party. Not sure how I feel about this...

Jay-Z heads toward PG-13 lyrics

Now that he's a dad to a baby girl, Jay-Z is cleaning up his act, according to NME. The rapper has released a poem vowing to stop using the word "bitch" in his lyrics. "Before I got in the game, made a change, and got rich. I didn't think hard about

using the word bitch," he writes. "I rapped, I flipped it, I sold it, I lived it. Now with my daughter in this world I curse those that give it." Jay-Z also released a song earlier this month that features the sounds of daughter Blue Ivy Carter cooing and crying, which made her the youngest person ever to be credited on the U.S. Billboard singles chart.

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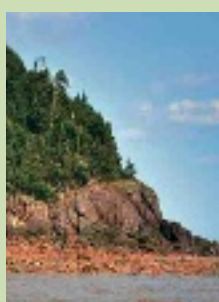
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3 life

Aruba: One happy island

► Aruba has some of the best beaches in the Caribbean and it's outside the hurricane zone ► But there's more to this island than the beach

Travel in brief



Wild Women Expeditions is celebrating its 22nd season in operation with adventures in every region of Canada. What started in 1991 as an all-women canoe tripping company has expanded across Canada is now offering kayak, flatwater and whitewater canoe, hiking, cycling, surfing and yoga adventures. One of their newest offerings is the Wild Yoga Retreats in Gros Morne, Nfld., and Bay of Fundy, N.B. From June through to September, many expeditions are available. The complete schedule is available online at wildwomenexp.com/calendar.

● METRO



Dare to Wear Love museum exhibit features Canadian fashions inspired by Africa



VAWN HIMMELSBACH
LIFE@METRONEWS.CA

Aruba, a tiny island only 25 kilometres from the Venezuelan coastline, is known for its turquoise water and white sandy beaches. But, unlike many of its Caribbean neighbours, it hasn't been taken

over by all-inclusive resorts and all of its beaches are public.

It's safe, easy to get around, and you'll find hundreds of restaurants, bars and nightclubs in Oranjestad, the island's picturesque capital, so you won't be stuck eating at the same buffet table every day.

What to do

If you can manage to tear yourself away from your poolside lounge chair and mojito, there's no shortage of easily accessible activities on the island — scuba diving, snorkeling, windsurfing, kitesurfing, sea kayaking, water skiing and sailing, to name just a few. There's also hiking, quad trekking and sunset horseback riding in the island's national park. As for beaches, Eagle Beach and Palm Beach are among the best beaches in the Caribbean, perfect for swimming and sunbathing.



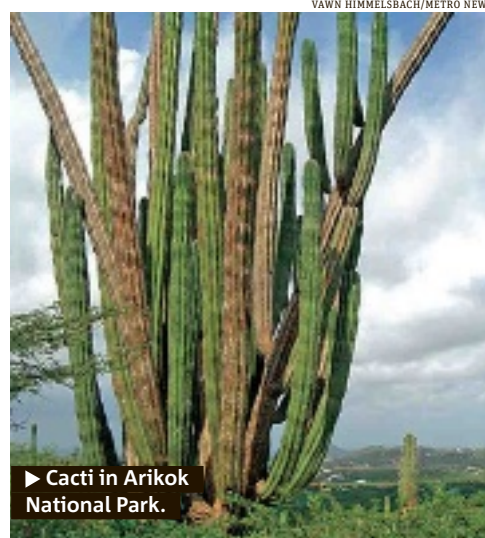
For windsurfing/kitesurfing: To take advantage of the near-constant trade winds, head to Boca Grandi, Malmok, Grapefield or Fisherman's Huts.

Aruba for land lovers

For non-aquatic adventure, head to Aruba's national park, Arikok National Park, a protected area that covers 18 per cent of the island.

Here you'll find more than 32 kilometres of hiking trails among several species of cacti (go on your own or on a guided tour with one of the knowledgeable park rangers), as well as historical sites, limestone caves with Amerindian pictographs, and the pounding surf of Dos Playa, ideal for surfing and bodyboarding.

● VAWN HIMMELSBACH



► Cacti in Arikok National Park.

COURTESY ARUBA TOURISM AUTHORITY



► All of Aruba's beaches are public.

Diving and snorkeling

Aruba is the wreck diving capital of the Caribbean with more than 20 wreck sites off of the coast just waiting to be explored — including the German freighter Antilla, from the Second World War. Whether you're a novice or advanced diver, you can spot a range of aquatic life. Several outfitters such as De Palm Tours and Red Sail Sports offer catamaran trips to the island's best snorkeling spots.

VAWN HIMMELSBACH/METRO NEWS

Events

January-March, Carnival: This is Aruba's biggest party of the year, complete with street parties and parades, flamboyant costumes and fantastic music.

May, Aruba Soul Beach Music Festival: This star-studded, two-night concert series has previously featured India Arie, Alicia Keys and Jennifer Hudson. For more, visit soulbeach.net.

June, Aruba International Film Festival: Actors, producers and film-makers from around the world will descend on Aruba for eight days to celebrate international film. For more, visit arubafilm.com.

November, Aruba in Style (Fashion Week): Don't miss this yearly fashion, entertainment and lifestyle event — a mix of trendy fashion shows, glamorous parties and shopping.

Where to eat

Thankfully, Aruba offers a lot more than the all-inclusive buffet. In fact, there are several hundred options, from high-end dining to local seafood shacks.

Papiamento Restaurant: Join the Ellis family in their 175-year-old manor house for upscale dining in a tropical garden setting. Try the local specialty Keshi Yena, made with minced tenderloin and chicken stewed with prunes, raisins and cashews, topped with Dutch cheese.

Cuba's Cooking: You'll find genuine Cuban cuisine in one of the oldest houses of historic downtown Oranjestad, including ropa vieja, picadillo and palomilla steak — and one of the best bolero singing pairs outside of Havana.

Zeerovers Fish Bar: Head to this typical Aruban fisherman's bar in Savaneta for freshly caught fish and shrimps — this is where the locals go for the catch of the day. Forks are optional.

VAWN HIMMELSBACH/METRO NEWS



► Zeerover's Fish Bar.

Where

to stay...

- The newly renovated Radisson Aruba Resort, Casino & Spa is the hotel group's flagship property, situated on 15 acres alongside Palm Beach.
- The Radisson's Sunset Grille is the only restaurant on the island that has achieved AAA Four Diamond status; try the prime rib or fresh seafood.

Get ready for the dragon

► The Year of the Dragon is approaching — the year ruled by the most powerful sign in the Chinese zodiac ► Check out these events planned in San Francisco

Watch the parade

Stepping off at Second and Market streets at 5:15 p.m. on Feb. 11, the Southwest Airlines Chinese New Year Parade features floats, dance teams, bands and other performances.

The route follows Geary and Post streets before ending at Kearny at Columbus; organizers recommend Post Street as a good place to watch the parade.

The event is free, but the bleacher

seat tickets can be purchased for \$30 each.

This year, groups from all over the state are participating, says parade spokeswoman Karen Eng, and the opening act will be a group of performers from China.

The event traces its roots to the 19th century, when Chinese immigrants showcased their culture using the all-American tradition of a parade.

Details including maps and where to order tickets can be found at chinese-parade.com.

JEFF CHIU/THE ASSOCIATED PRESS FILE



► The parade's opening act will be a group of performers from China.

Celebrate in concert

The San Francisco Symphony Chinese New Year Community Concert and Celebration 2012 features a mix of music and instruments from East and West.

The concert begins 4 p.m. Feb. 11 and early arrivers will be greeted with a family-friendly festival reception at 3 p.m. with arts and crafts, food, Asian instruments, lion dancers, Chinese calligraphers and more.

Carolyn Kuan will conduct and the program includes the Yellow River piano concerto. Tickets are \$15 to \$68 and can be purchased at sfsymphony.org. The symphony plays at Davies Symphony Hall, the box office is on Grove Street between Van Ness Avenue and Franklin Street.

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Punta Cana **\$75***
Travel Jan 24 - Jan 31/wg + taxes & fees \$410

Airfares

Orlando **\$7***
Travel Jan 20 - Feb 4/ts + taxes & fees \$293

Calgary **\$199**
Travel Feb 3/ac + taxes & fees \$82

Las Vegas **\$278**
Travel Jan 31 - Feb 7/ac + taxes & fees \$133

Puerto Rico **\$459**
Travel Feb 12 - Feb 28/aa + taxes & fees \$81

Lima **\$539**
Travel Feb 14 - Feb 23/ua + taxes & fees \$426

Sydney **\$999**
Travel Feb 4 - Feb 16/ua + taxes & fees \$700

Vacations

Montreal 2 Nights
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INCLUDES central accom across from the Bell Centre. Travel Jan 27/ggv. **UPGRADE** to 4-star Delta Centreville for \$13 per night.

Toronto 2 Nights 4-Star **\$134**
Novotel Toronto Centre + taxes & fees included
INCLUDES central accom in a historic district. Travel Jan 27/ggv. **UPGRADE** to 4.5-star Fairmont Royal York for \$18 per night. **ADD** CN tower for \$32.

Las Vegas Air + 4 Nights **\$359***
Imperial Palace + taxes & fees \$137
INCLUDES airfare from Montreal, roundtrip airport transfers and accom on the Strip. Departs Jan 29/wsv/ws. **UPGRADE** to 4.5-star Monte Carlo for \$15 per night. **ADD** Champagne Rock Star Tour for \$49.

New York City Air + 3 Nights **\$519**
Manhattan at Times Square + taxes & fees \$112
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Thailand Air + 8 Nights 4-Star **\$689**
Bel-Aire Princess Hotel + taxes & fees \$796
INCLUDES Bangkok accom near shopping, business and entertainment districts. Departs Feb 14/ggv/jl.

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March Break

Orlando Family Special **\$459***
Air + 7 Nights + taxes & fees \$130
Seralago Hotel and Suites
INCLUDES family-style accom near Old Town. Price per person based on family of 4. Departs Mar 19/ggv/ws. **UPGRADE** to 4-star Buena Vista Palace for \$21 per night. **ADD** Legoland for \$83.

Mont Tremblant **\$539**
4 Nights 4-Stars + Lift Pass + taxes & fees included
Le Tours des Voyageurs
INCLUDES ski-in/ski-out slopeside accom and 3-day lift pass to Mont Tremblant. Travel Mar 19/ggv. **UPGRADE** to 5-Star Fairmont Tremblant for \$37 per night.

Myrtle Beach Family Special **\$574***
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Sheraton Myrtle Beach
INCLUDES central accom near the convention centre. Departs Mar 19/ggv/dl.

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Departs Jan 22/swg/wg. **UPGRADE** to the 5-star Paradisus Princesa Del Mar for \$59 per night.

Santa Lucia 7 Nights 4-Star **\$397***
Brisas Santa Lucia + taxes & fees \$292
Departs Jan 24/nol/c6.

Santo Domingo 7 Nights 4-Star **\$455***
Be Live Hamaca + taxes & fees \$410
Departs Jan 21/swg/wg.

Cancun 7 Nights 4-Star **\$455**
Oasis Cancun + taxes & fees \$352
Departs Jan 20/swg/wg. **UPGRADE** to the 5-star Azul Fives Hotel for \$27 per night

Panama 7 Nights 4-Star **\$785***
Smile Playa Blanca Resort + taxes & fees \$340
Departs Jan 23/swg/wg.

St Maarten 7 Nights 4.5-Star **\$1155***
Sonesta Maha Beach + taxes & fees \$340
Departs Jan 22/swg/wg.



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The stars of Jasper

► Jasper National Park is the 'Disney World' of dark skies

Peter McMahon has stars in his eyes. His head is in the clouds. McMahon is one of Canada's best-known astronomers, and certainly the most media savvy. He's travelled around the world to follow his dream of travelling among the stars.

So when he says that "Jasper National Park is becoming the Disney World of dark sky preserves," he

means it in a good way.

McMahon was in Jasper for its first-ever Dark Sky Festival — a weekend of events in October celebrating Jasper National Park's designation at the world's largest — and darkest — dark sky preserve. It seems strange that his guided tour of the heavens is taking place on a bright sunny morning. But when it comes to gazing at the

moon, everything is much clearer in the light of day.

When evening falls, it's time to go to the mobile Telus Planetarium — a sort of inflatable igloo.

Using the dome of the inflatable igloo as his drawing board, an astronomer points out Cassiopeia — the Greek queen whose vanity and beauty invokes the jealousy of the gods.

THE CANADIAN PRESS

If you go...

► Jasper in January Festival 2012: Fire and Ice takes place Jan. 13-29. Several dark sky events have been added to the popular winter fest, including a Dark Sky Canyon Crawl conducted by Maligne Tours, taking place nightly at Maligne Canyon.

► The Fire in The Sky stargazing event (hosted and sponsored by Parks Canada) takes place at Pyramid Island on Saturday, Jan. 28. Official website for festival: jinj.ca.



STEPHEN A. NELSON/THE ASSOCIATED PRESS

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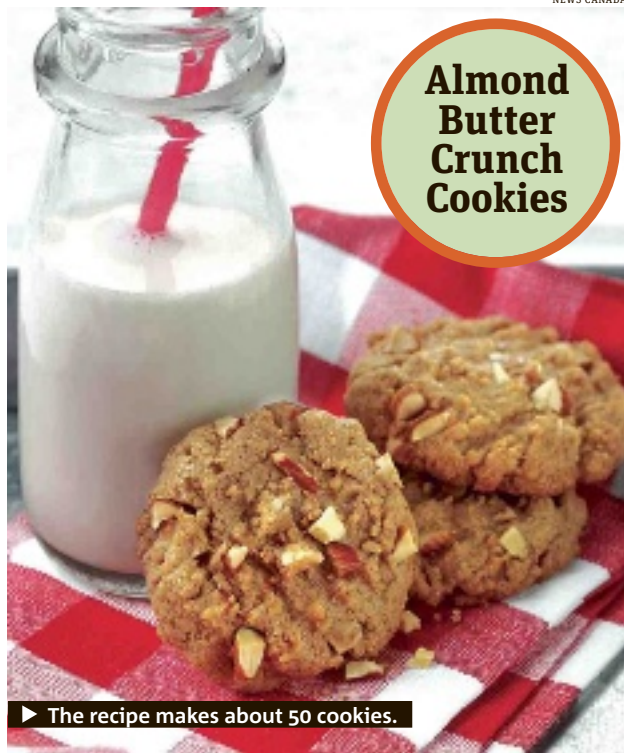
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Almonds show sweet side

► These crunchy cookies have a great texture thanks to almond butter and roasted almonds



Almond Butter Crunch Cookies

Using almond butter helps deepen the almond flavour in these cookies as well as offers up a great texture.

Roasted almonds add crunch to the cookies, which makes them perfect to enjoy with an afternoon coffee.

Preparation:

- 1 Preheat oven to 350°F (180°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, using an electric mixer, beat together almond butter, butter, brown sugar, egg and almond extract until light and fluffy.
- 3 In a separate bowl, combine flour, baking

soda and salt. Add flour into creamed mixture slowly until well blended. Stir in diced almonds. Dough will be very crumbly; cover with plastic wrap and refrigerate for 30 minutes or until firm.

- 4 Form into 1-inch (2.5 cm) balls and place on baking sheet; flatten with a fork creating cross hatch pattern. Bake on centre rack in oven for 12 to 15 min-

utes or until lightly browned. Cool on baking sheet for a few minutes before transferring cookies to a wire rack. When cool, store in airtight container.

ALMOND BOARD OF CALIFORNIA/ NEWS CANADA/ ADAPTED FOR METRO NEWS BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSOOKS.CA)

Ingredients:

- 1 cup (500 mL) creamy almond butter
- 1/2 cup (250 mL) butter, softened
- 1 cup (500 mL) packed brown sugar
- 1 egg
- 1/2 tsp (2 mL) pure almond extract
- 1 1/2 cups (375 mL) all purpose flour
- 1/2 tsp (2 mL) baking soda
- 1/4 tsp (1 mL) salt
- 1/2 cup (250 mL) diced roasted almonds

Drink of the week

Chocolate Doughnut Hot Chocolate

- 500 ml (2 cups) whole milk
- 1 glazed or sugar coated chocolate doughnut
- 125 ml (1/2 cup) semi-sweet chocolate chips
- Pinch salt

In a blender, combine milk and doughnut. Puree until very smooth.

Transfer mix to saucepan. Whisking constantly, heat over medium until it thickens, 3 mins. Add chocolate chips and salt, whisking until chocolate has melted and cocoa is smooth. **THE ASSOCIATED PRESS/ J.M. HIRSC**



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Make giving back sound even better

► You volunteered — good for you! ► But what exactly did you do? ► Make that experience count on your resumé



GREG OVERHOLT
TALENTEGG.CA

In the Volunteer Experience section of your resumé, do your bullet points look like any of these?

- Promoted and raised awareness for events
- Attended and assisted in events such as campus fair
- Assured information around campus is up-to-date
- Worked closely and communicated often with the President and VP Sales and Marketing
- Kept finances up-to-date

These are a sample of some bullet points taken from applicant resúmes that I've reviewed recently.

Read any one of them and ask yourself: "What did he or she actually do in this position?"

What information should you include?

As the employer, I want to see specific examples in regards to what you did and how you did it, as well as the results that were generated by these actions, rather than somewhat vague or generic descriptions of your role.

To only write that you "promoted and raised awareness for events" is not enough — the key element is explaining how you did this. Did you put up flyers? Posters? A neat guerilla campaign using social media? And what was the result of the events? How many people



► There will certainly be a spotlight on you if you know how to convey the importance of your volunteer work properly.

came out? A bullet point without this type of information provides unsubstantial information and therefore doesn't give an employer many positive things to attribute to your work.

The resumé sentence

In resumé language, sentences should be formed answering "What you (actually) did" and great ones include "The result of my action was..." To communicate your volunteer experiences better, you should re-word the first aforementioned bullet point as such:

"Promoted our speaker series by administering daily booths and creating campus-wide marketing materials, which generated an additional 50 attendees."

Ahhh... now I know what you did, and it seems as though your marketing efforts were successful (and I am impressed that you measured your impact afterward!).

How do you measure your awesomeness?

Measuring your outcomes, getting evaluations, quantifying success and setting goals are all aspects that you must consider as you begin to volunteer (or work) so that you can understand and communicate your goals and accomplishments.

If you are a marketing

person, for example, conduct a post-event survey by asking participants where or how they heard about the event.

This will give you the necessary feedback and evidence to prove that you were successful (50 students came because of you) or give you valuable insight into what you should or shouldn't do next time (important learnings or key take-aways from your experiences that can be applied to this job are also great for interviews, even if the result wasn't great).

GREG OVERHOLT IS THE FOUNDER AND EXECUTIVE DIRECTOR OF THE NATIONAL STUDENT-LED CHARITABLE SOCIAL VENTURE SOS: STUDENTS OFFERING SUPPORT (STUDENTSOFFERINGSUPPORT.CA).

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Sure employers have money-saving workplace law schemes, designed to keep money in their own pockets and less in their employees. However, employees also have some tricks up their sleeves. Here are some of my favourites:

Alleged constructive dismissals:

Many employees, unhappy with their jobs and their employers, will conjure up

perceived workplace injustices in an effort to leave and collect severance. Some of these claims are meritorious — many are not. Worse, in a number of cases, these employees have already received another job offer, and therefore, have no right to compensation no matter how long or commendable their service.

Mitigation:

The single biggest source of employer mistrust with employees is with those who are no longer employed but are still on their payroll receiving severance — and for good reason. Ex-employees who are receiving severance are required to report any job offers or any income they receive, which would then eliminate further payments. Many do not and they usually get

away with it.

Harassment claims:

Today, a tough boss can no longer criticize employees without fear of a human rights or harassment complaint.

This is because liberalized human rights laws and employee-friendly human rights tribunals often extend legal protection to even superficial harassment claims. Employees, aware of employers' fears, can illegitimately assert they were "harassed" when something did not go their way and they frequently do, as a means to achieve a right or benefit they did not otherwise deserve.

DANIEL LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN, TO READ THIS ARTICLE IN ITS ENTIRETY VISIT METRONEWS.CA

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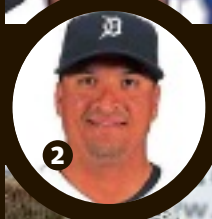
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4
sports

Sports in brief



1



2



3

1 The Indianapolis Colts have fired coach Jim Caldwell.

2 Tigers star Victor Martinez could miss the entire 2012 season after injuring his left knee during off-season conditioning.

3 Pittsburgh Penguins defenceman Kris Letang returned to practice Tuesday for the first time since suffering a concussion in late November.

THE ASSOCIATED PRESS

Sens triumphant in Toronto

► Anderson stops 37 shots as Senators edge rival Leafs, build lead in standings to 11 points

FRANK GUNN/THE CANADIAN PRESS



SENATORS

LEAFS



► Senators centre Jason Spezza and teammates celebrate his goal on Maple Leafs goaltender James Reimer.

Craig Anderson kept up his stellar play and the Ottawa Senators avoided their first two-game losing streak in two months.

The Senators goalie made 37 saves Tuesday to backstop his team to a 3-2 victory over the rival Toronto Maple Leafs.

Anderson has been virtually unbeatable in January, compiling a 7-1-1 record and .945 save percentage. As a result, the Senators have climbed to fifth in the Eastern Conference and now hold an 11-point advantage over the ninth-place Leafs with three games in hand.

Daniel Alfredsson, Jason Spezza and Kyle Turris scored for Ottawa (26-16-6), which hasn't dropped consecutive games in regulation since Nov. 9 and 11.

Matthew Lombardi and Joffrey Lupul replied for the Maple Leafs (22-18-5).

With both teams part of the tight playoff race for

the first time in years, the Battle of Ontario appears to be approaching the intensity it used to be known for. The game featured two fights, including one between Leafs captain Dion Phaneuf and Nick Foligno in the second period that came six minutes after the Senators forward laid Pha-

neuf out with a low hit.

Toronto got off to the fast start it wanted against a Senators team playing for the second time in as many nights.

Lombardi beat Anderson with a shot through the legs at 6:50, giving him his first goal in a 17-game span dating back to Oct.

27. Lupul extended that advantage less than 10 minutes later after taking a lovely pass from Phil Kessel on a 2-on-1 rush.

Ottawa had been outplayed to that point, but Alfredsson gave them some life just before the intermission. The captain took a pass from Milan

Michalek and backhanded a shot over James Reimer with 7.5 seconds left in the period.

The victory came at an important time in the schedule as Ottawa faces four more road games before hosting the all-star game later this month.

THE CANADIAN PRESS

Jays sign Villanueva, Johnson, Francisco

The Toronto Blue Jays avoided arbitration with right-hander Carlos Villanueva, second baseman Kelly Johnson and outfielder Ben Francisco on Tuesday, signing all three to non-guaranteed one-year deals.

Johnson is scheduled to make \$6.375 million US in 2012 while Villanueva agreed to a deal just under \$2.3 million and Francisco is slated to get \$1.537 million.

Toronto has two arbitration-eligible players remaining — pitchers Casey Janssen and Bran-

don Morrow. Second-year general manager Alex Anthopoulos said unless either or both players agree to a multi-year contract, the Jays and the player's representatives will indeed meet before an arbitrator, likely sometime next month.

"The one thing we both agree on is the players should get a raise and the players should make more than they made last year," he said during a conference call.

"I think we're all on the same page that we like the players and want

Giant request



Giants ace Tim Lincecum has asked for \$21.5 million US in salary arbitration and been offered \$17 million.

to give them a raise.

"What we can't see eye-to-eye on is how much of a raise to give

► The two-time NL Cy Young Award winner's request Tuesday neared the record amount sought in arbitration. Houston pitcher Roger Clemens asked for \$22 million in 2005.

► San Francisco's offer was the highest in arbitration history, topping the \$14.25 million the New York Yankees proposed for shortstop Derek Jeter in 2001.

them so the third party has to get involved to tell us what the right amount is. We don't have a prob-

lem with that."

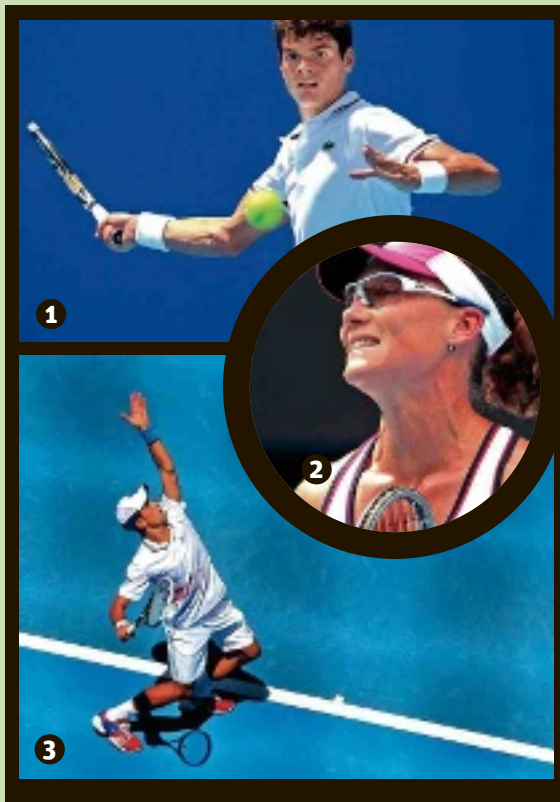
Then again, the Jays were scheduled to go to arbitration last year with slugger Jose Bautista and pitcher Jason Frasor, but settled on multi-year deals with both players prior to meeting with an arbitrator.

Bautista agreed to a five-year, \$64-million US deal with a club option for a sixth year at \$14 million while Frasor reached a one-year, \$3.5-million agreement with a club option for 2012 worth \$3.75 million.

THE CANADIAN PRESS

Australian Open in pictures

PHOTOS
1. CLIVE BRUNSKILL/GETTY IMAGES
2. CAMERON SPENCER/GETTY IMAGES
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1 Milos Raonic crushed Italian Filippo Volandri, 6-4, 6-0, 6-2, on Tuesday and joined fellow Canadians Aleksandra Wozniak and Stephanie Dubois in the second round.

2 U.S. Open champion Sam Stosur crashed out in the first round in straight sets Tuesday in a major blow for Australian fans desperate to end a long drought at the national championship.

3 Novak Djokovic started his Australian Open defence with a 6-2, 6-0, 6-0 win over Paolo Lorenzi of Italy. Andy Murray, who lost last year's final to Djokovic, struggled early before beating American Ryan Harrison 4-6, 6-3, 6-4, 6-2. **THE ASSOCIATED PRESS**

'I hate bugs more than you can imagine'

► Insects, not injured ankle or late start, irk Serena

If anything, it was the insects buzzing around Rod Laver Arena that bugged Serena Williams the most.

The injured left ankle held up fine in her opening match Tuesday at the Australian Open, and even the near-midnight start time was OK. But the bugs?

"I hate bugs more than you can imagine," Williams said after reaching the second round by beating Tamira Paszek 6-3, 6-2. "Like, they kept jumping on me. Yuck!"

The match started at 11:32 p.m., and Williams hit a service winner 1 hour, 19 minutes later to finish it off. In between points, though, she picked up and moved or shooed away bugs that landed on court, and two that landed on her back. A big one gave her a



► Serena Williams

fright, making her hop as she tried to stifle a screech.

"I'm going to request not to play at night anymore because I hate bugs, except for the final. I heard it's at night," Williams said. "I'll try to get used to them."

Two years after she won her last Australian Open title, Williams extended her winning streak to 15 matches at Melbourne Park in the season's first major tournament. She won back-

to-back titles in 2009 and 2010, but missed the chance to defend her title last year amid a prolonged injury layoff.

The late start was because Williams had to wait until the conclusion of a 4-hour men's night match won by Leyton Hewitt. And it was her first match since badly spraining her ankle two weeks ago at the Brisbane International, an injury that jeopardized her participation in Melbourne. Monday was the first time she was able to practice pain free, but she still had her lower left leg and ankles heavily taped.

"I don't let anything bother me," she said. "It's definitely different to have the ladies play so late, you know, so we'll see."

THE ASSOCIATED PRESS

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Extra help, when needed

Unlike full-hybrid systems that can operate in electric mode only or in tandem with a gasoline engine counterpart, the eAssist's electric motor/generator, which takes the place of a traditional belt-driven alternator, kicks in when extra thrust is needed.

The only time the duo isn't in operation occurs when coasting downhill, while stopped at a light or in the throes of full-on traffic gridlock. Then, the gasoline engine shuts down to conserve fuel, leaving the electric side to run all the necessary accessories, such as the air conditioning.

When the light turns green or the way is clear, the engine fires up once the brake pedal is released.

Power outputs

The eAssist electric motor-generator, now standard on all LaCrosse models, replaces the traditional alternator and draws on a lithium-ion battery pack to boost the 182-horsepower (and 172 pound-feet of torque) 2.4-litre gasoline engine by an additional 15 horsepower and 110 pound-feet of torque.

It also generates an additional 15 kilowatts of power by recovering the energy produced from braking and converting it into electrical energy to help recharge the batteries.



► The LaCrosse is one of Buick's better-looking vehicles and is the largest. Still, it has a four-cylinder base engine that arrives with standard eAssist that adds just 15 horsepower under acceleration, but also 110-pound-feet of torque. The combination is rated at 8.0 l/100 km in the city, 5.4 highway.

Bigger doesn't always mean better for Buick

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WHEELBASE MEDIA

For traditional Buick lovers, their world must seem a truly bewildering place.

Buyers of the brand's big floaty sedans used to shop for Park Avenues, LeSabres and, until recently, Lucernes.

But that large barge has now sailed, taking with it the last vestiges of what once made Buick the final word in upper-mid-range opulence.

General Motors has retooled its formerly moribund Buick brand and infused it with some particularly tasty small-scale products that offer style and fuel economy, while placing trailer-towing ca-

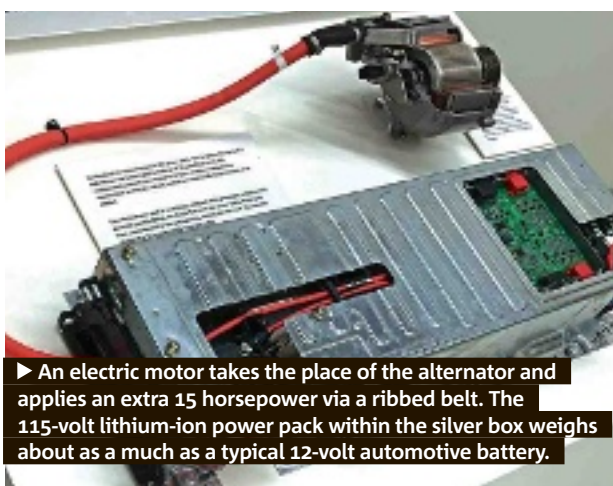
capacity in the forget-about-it bucket.

Other than the popular Enclave wagon, the largest vehicle in the fleet is now the LaCrosse, a model that received a complete makeover for the 2010 model year and is currently one of the classiest looking four-doors around.

But following two years in service, there are major changes in store for this model, as well as its Regal relation, that promise to make both models significantly more fuel efficient.

The upgrade is called eAssist, a name that describes what GM calls its "light electrification" technology, but in other circles is best described as a mild hybrid.

► A dash-mounted display advises the driver when the battery is charging and when the electric motor is in play.



► An electric motor takes the place of the alternator and applies an extra 15 horsepower via a ribbed belt. The 115-volt lithium-ion power pack within the silver box weighs about as much as a typical 12-volt automotive battery.

Buick LaCrosse



What you should know about the 2012 Buick LaCrosse:

- **Types:** Four-door, front-/all-wheel-drive sedan.
- **Engine (hp):** 2.4-litre DOHC I4 (182) with electric motor (15); 3.6-litre DOHC V-6 (303).
- **Transmission:** Six-speed automatic.
- **Market position:** The LaCrosse represents a compromise in hybrid vehicles as it doesn't operate exclusively on battery power. However its impressive fuel economy combines with plenty of luxury features at a reasonable price.
- **Mileage:** L/100 km (city/hwy) 8.0/5.4 (2.4).

5 drive

By comparison

Lincoln MKZ

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Stylish Ford Fusion-based model offers all-wheel-drive and hybrid versions.



Nissan Maxima

Base price: \$39,500
Great looks and sporty demeanor complement its impressive V-6 power.



Toyota Avalon

Base price: \$42,700
Camry-based sedan is geared to older drivers looking for a softer ride.



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Many vehicles, but from one solid base

When auto writers talk about cars, they often mention vehicle “platforms.” It actually refers to a number of aspects of auto construction, and includes design and engineering along with the actual metal.

“The platform is the underpinnings of the car,” says Paul Hewitt, product manager, global Delta for General Motors of Canada.

“It’s the floor pan and suspension of the

DRIVING FORCE

JILL McINTOSH

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vehicle.”

In the past, most cars consisted of a heavy frame with the body bolted on top. This body-on-frame construction is still used for pickup trucks and some large SUVs, since it

provides the brute strength needed for towing and hauling, but its heavy weight affects fuel economy.

Today, most vehicles are “unibody” construction, where the body itself provides the structural strength through its floor, roof, pillars and firewall.

By making alterations to the basic design — stretching the wheelbase, adjusting the suspension, or modifying the passen-

ger cabin — automakers can use the same basic platform to produce several models, which may look nothing alike.

This reduces costs and also allows the companies to make more than one vehicle on the same assembly line.

“If your platforms are drastically different, you need very different tooling in the (auto plant) bodyshop to accommodate vehicles of different

platforms,” Hewitt says.

“The closer a vehicle is dimensionally in terms of wheelbase length and width, the easier it is for the manufacturers.”

Like most automakers, General Motors uses each platform for several vehicles.

For example, the Chevrolet Orlando crossover uses the same basic underpinnings as the Cruze compact sedan and Volt electric car.

“They share a similar width,” Hewitt says.

“The Orlando has a longer wheelbase to accommodate the third row, but it isn’t just a Cruze with a different back end. Vehicles can be drastically different visually, but share some commonality in suspension and width.”

Designing a new vehicle platform from scratch can take years of development and testing, Hewitt says.

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2.5X Touring Package shown

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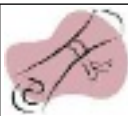
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Pioneer CD Black Player Model PD-103.
In excellent playing and physical condition.
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2 BAR STOOLS FOR SALE
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5 year old pink toe tarantula. 5 gallon setup
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2 Cafe Bar Stools
Excellent condition
\$100 for both
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70 gallon tank with strong black aquarium
stand. It has no top for it sorry. No cracks,
minimal scratches.
possibly deliver call Steve. (613)227-4074

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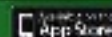
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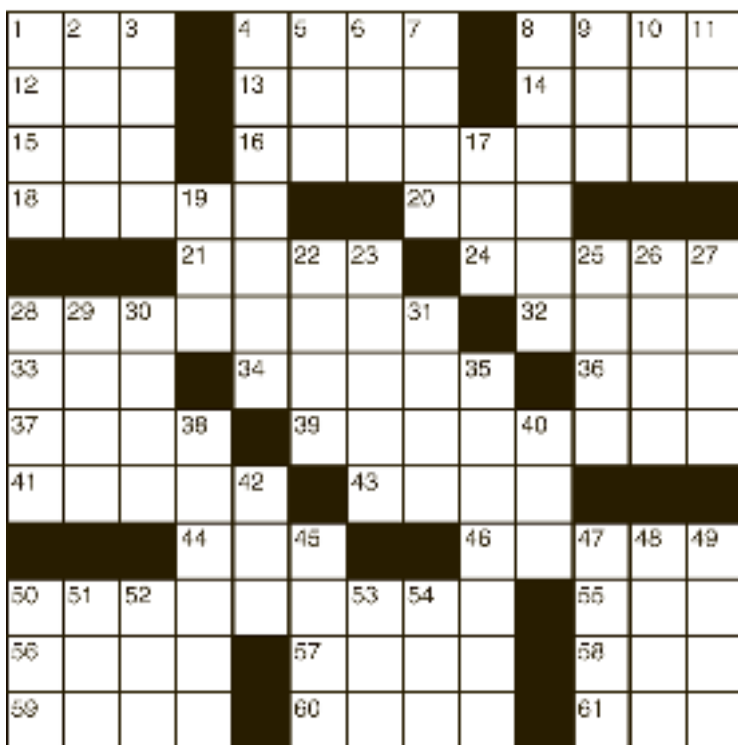
Crossword

Across

- 1 \$ dispenser
4 Two-way
8 Use a really old telephone
12 Payable
13 Therefore
14 A Great Lake
15 "CSI" evidence
16 Karate level
18 Popular condiment
20 That girl
21 — Stanley Gardner
24 Lightheaded
28 Winter road hazard
32 Pop
33 Help
34 Urban palls
36 Chum
37 Huff and puff
39 Shiner
41 Bewildered
43 Concept
44 Clear the tables
46 Hosiery material
50 Result of a star's collapse
55 Time of your life?
56 Peru's capital
57 Stench
58 Expert
59 Squad
60 Nervous
61 Corral

Down

- 1 Tosses in
2 Albacore, e.g.
3 Repast
4 Goes ashore
5 It starts with "http"
6 — Khan



- 7 Ness or Lomond
8 Scattered odds and ends
9 Anger
10 Have a bug
11 Allow
17 St. Bernard's load
19 Moment
22 Arm or leg
23 Meat contaminant
25 Ninny
26 Crucial time
27 Harvard's rival
28 Ali —
29 Springlike tune
30 Commotions

- 31 "Zounds!"
35 Landscapes
38 Online video equipment
40 Singer Starr
42 Diving bird
45 Old woman's home?
47 Reindeer herder, probably
48 Shrek, for one
49 Night light
50 Short-order sandwich
51 Whopper
52 "I — Camera"

- 53 Peculiar
54 Journal

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

3	9	4	6	2	1	8	5	7
8	6	2	7	5	3	1	9	4
7	5	1	9	8	4	6	3	2
1	4	6	8	3	5	2	7	9
9	2	8	4	6	7	5	1	3
5	7	3	2	1	9	4	6	8
4	8	7	5	9	6	3	2	1
6	1	9	3	4	2	7	8	5
2	3	5	1	7	8	9	4	6

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Her

It's hard for me to see you crying because he left you. But it is more painful to see myself crying because I love you yet I can't say it to you.

RON

Daniela

Danii! Your the best! thanks fro beingg theree for me always.. Love youuuuuuuuu so much!!! BFFF!

YOUR BEST FRIEND

mamabear

To my wonderful mother, It has been a wild 20 years. I'm so grateful to have you as my mother. Thanks for being there and being awesome. We can get through anything! We just have to fight it. Problems are just setbacks; speed bumps that slow us down :) I love you!!

DAUGHTERBEAR

BigHead, u still make my heart go pitter patter. Some things never change. *BK

KISSES* LOVE U, SPANKY

Today's horoscope

♈ Aries March 21-April 20

You need to approach what you are working on in a more balanced way. Slow down a bit.

♉ Taurus April 21-May 21

With Mars on your side, you feel like you could take on the world and win. Maybe you can. Try it.

♊ Gemini May 22-June 21

The fact that you are the only one in your social group who takes a particular viewpoint does not mean you are wrong.

♋ Cancer June 22-July 22

You may have to act tough or in some other way apply pressure to get what you want.

♌ Leo July 23-Aug. 23

Life is good and getting better, so why are you still focusing on things that went wrong while ignoring things that went right?

♍ Virgo Aug. 24-Sept. 22

Mars in your sign turns retrograde in a few days, so focus energy on actually getting things done.

♎ Libra Sept. 23-Oct. 23

You may be tempted to cut corners a bit today but if you do, you may regret it next week.

♏ Scorpio Oct. 24-Nov. 22

You've never been the sort to worry what others think, and you're not about to change.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ Sagittarius Nov. 23-Dec. 21

Tackle a task or objective that you might not feel you're able to master at most other times.

♑ Capricorn Dec. 22-Jan. 20

This is the perfect occasion to revisit something you failed at earlier. This time, you'll succeed.

♒ Aquarius Jan. 21-Feb. 18

Seems you're having trouble keeping a desire of some sort under wraps. Why would you want to?

♓ Pisces Feb. 19-March 20

Because Mars is moving through your opposite sign at the moment, it may feel as if the whole world is against you. **SALLY BROMPTON**

Caption contest



You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Thursday's Metro.

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AND
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PLUS HST.

**HIGHWAY
7.7L/100 KM
37 MPG***

THE BEST-SELLING PASSENGER CAR BRAND IN CANADA.†



Limited model shown

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\$121[†]
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PAYMENT

WITH
2.65%
FINANCING FOR
72 MONTHS

AND
\$0
DOWN
PAYMENT

SELLING PRICE \$17,380*
ELANTRA L 6-SPEED. DELIVERY,
DESTINATION & FEES INCLUDED.
PLUS HST.

**HIGHWAY
4.9L/100 KM
58 MPG***



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ASSOCIATION OF CANADA
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\$141[†]
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PLUS HST.

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5.7L/100 KM
50 MPG***

2012 **SONATA**

*5-Star safety rating**



Limited model shown

OWN IT
\$126[†]
BI-WEEKLY
PAYMENT

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1.29%
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84 MONTHS

AND
\$0
DOWN
PAYMENT

SELLING PRICE \$21,895*
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PLUS HST.

**HIGHWAY
7.4L/100 KM
38 MPG***

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Stylish cross-over utility vehicle



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